

#### About this survey

The Multidimensional Test Anxiety Scale (MTAS) was developed as instrument for measuring test, or examination anxiety, in populations of secondary school students aged 11 to 19 years. The 16 items correspond to two cognitive subscales and two affective-physiological subscales. The MTAS consists of 16 items that ask how students generally feel before, during, or after, tests or examinations. These items are intended to measure relatively stable individual differences in the tendency for students to appraise tests and examinations as a threat and become anxious.

1.1	Before a test/ exam, I am worried I will fail.	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
2.1	I forget previously known material before taking a test/exam	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
3.1	Even when I have prepared for a test/exam I feel nervous about it	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	



4.1	Before I take a test/exam my hand trembles	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
5.1	During tests/exams, I worry about the consequences of failing	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
6.1	I forget facts I have learnt during tests/exams	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
7.1	I feel tense before taking a test/exam	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	

8.1 My heart races when I take a test/exam



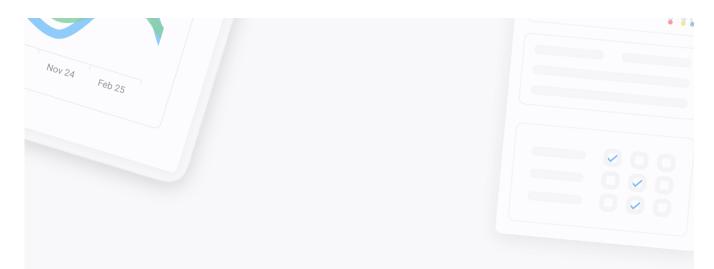
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
9.1	After a test/exam, I am worried I have failed	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
10.1	During tests/exams, I forget things that I have learnt	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
11.1	Just before I take a test/exam, I feel panicky	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
12.1	During a test/exam I experience stomach discomfort	
	Agree	



	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
13.1	During a test/exam, I worry that I gave the wrong answers	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
14.1	During tests/exams, I find it hard to concentrate	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
15.1	Before a test/exam, I feel nervous	
	Agree	
	Disagree	
	Neither agree nor disagree	
	Strongly Agree	
	Strongly Disagree	
16.1	During a test/exam, my muscles are tight	
	Agree	
	Disagree	



Neither agree nor disagree	
Strongly Agree	
Strongly Disagree	





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